

Essay  
on  
Dyspepsia

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of Pennsylvania

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On.  
Dyspepsia.

As a student cannot be expected to have it in his power to offer many new and valuable observations on a subject, which has for a long time, claimed the attention of men of the greatest genius, industry and experience, it will not be a matter of surprise, that in this treatise, little is to be found original, except the physiology.

Dyspepsia is a disease, which is oftentimes extremely difficult and perplexing in its management. It attacks persons in every situation in life, though it particularly selects as its victims, the studious, the unfortunate, the inadvertent and the intemperate.

Its symptoms are, flatulence, evacuations of various kinds, pyrosis, cardialgia, gastralgia, nausea and vomiting, a sense of heat referred to the stomach, a gnawing sensation in the stomach especially when empty, constipation, irregular and disturbed sleep. Furred tongue, the appetite is various in some cases it is voracious, in others very kind of food disgusts, in others it is depraved, relishing most improper articles as diet, chalk, &c. Generally there is great derangement of spirits and the



patient feels languid and disinclined to use any kind of exertion.

Owing to the powerful sympathies of the stomach, most distressing and sometimes most alarming affections are induced. These, however, generally disappear upon a removal of the gastric disorder.

The causes of Dyspepsia are: intemperance in eating or drinking; the use of strong tea or coffee, of acids or of gross or indigestible food; the habitual and excessive use of opium, aperient & irritant tonics or aromatics; frequent vomiting; the habitual use of nitro; except in venay; an indolent and sedentary life; grief or vexation of mind; intense study or application to business; decayed teeth and a foul mouth.

Treatment. It is important that the patient should relinquish all such practices as have any agency in the production of the disease. When the disease is but slight, this will sometimes cause its removal. Anxiety or depression of mind occasioned by misfortune in business, often induces an extremely obstinate form of dyspepsia. Here we should be careful not to push our treatment too far, as while this state of mind continues, we can do little more than palliate the symptoms. In these cases, a fortunate



change in the affairs of the patient, will do more towards the cure  
of his complaint, than any article the Materia Medica affords.

The first indication in the treatment of this disease is to remove  
all acrid and offensive matter from the stomach and Bowels.

To relieve the Stomach of its offending contents, we resort to an a-  
perient. Senna is to be preferred for this purpose, as it evacuates  
the stomach without occasioning violent vomiting. Some  
have thought that it possessed a peculiar power in the cure of  
dyspepsia.

In the purpose of evacuating the Bowels, the mildest Laxatives  
are to be preferred.

Rhubarb is an excellent aperient in this disease, as it possesses  
a tonic as well as a laxative property. It is often objectionable  
on account of its astringent nature. This may be obviated by  
combining it with Magnesia or either of the alkalies or their  
carbonates or with soap.

A combination of Lac Sulphuris and Magnesia in equal  
parts, is recommended as a Laxative, admirably suited to such a  
state of the Bowels as usually exists in dyspepsia.

The Lac is dried in a dish by the heat of a sand bath.



is said to act as a certain and active Laxative, and may, perhaps in some cases be advantageously prescribed.

Others are expected by some as powerful Laxatives in dyspepsia

Such formed of a combination of Laxatives are highly useful in this disease. See page 200 of this kind.

As dyspepsia is often a consequence of long continuance, it is necessary that the patient should endeavor to have a daily evacuation without the employment of cathartics. If the patient depends entirely upon Laxatives for unloading the Bowels, this use becomes habitual. Dr. Pinckney attended an elderly Lady in her last illness, who had been, for thirty years, in the habit of taking every night about six times a quantity of Pluviat, to move her Bowels.

When the discharge is watery and of a dark colour, indicating a disordered state of the Biliary secretion, the alternative use of Mercury is highly beneficial.

Another indication is, to restore tone to the stomach and Bowels, & variety of tonic articles have been resorted to for this purpose. The Sennarian Bark has been much employed, but its effects are not always satisfactory. "Dyspepsia from an obstructed state of the chyle, poetic visitors, certainly, would not be benefitted by it, and even



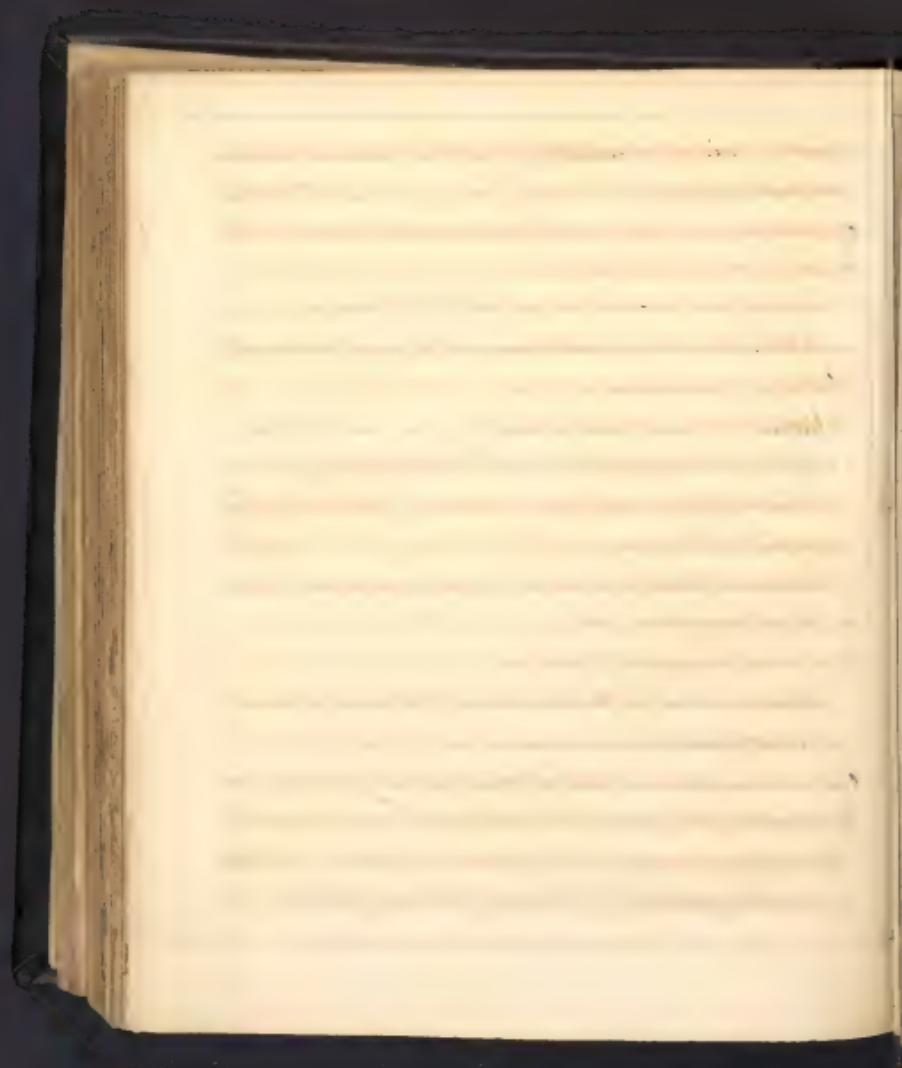
when dependent on mere debility of the stomach, & which is more  
seen most of ingesta. I have not found it to be useful, & for  
applying than ingesta that viscous, and sometimes, "siling  
hawses and worms" digest.

The Cinchona or Solt of bark will probably be found to answer  
much better than the Bark in substance, as in the proper dose, it is far  
superior to the Bark.

Yerberia is the next choice, it must be used in powder, to give  
a contrast. I tried out the beautiful quality, known, because  
we know it to be pretty strong, & gave it to a student & he said it was  
sufficient to be removed.

Can not find a way, for a tincture, in the available plants  
- & the student in writing, I must be allowed to say, has  
done well in writing to the student -

In other instances, the student will find the Aromatic Bitters  
and Decoction of Sarsaparilla, & this, will not be any of  
the other cases because, the decoction of this is of interest because  
by stimulating the stomach to increase its heat, and something like  
a better performance of its functions, the student to the student  
can write, though they are not to be seen, take a complete course of the

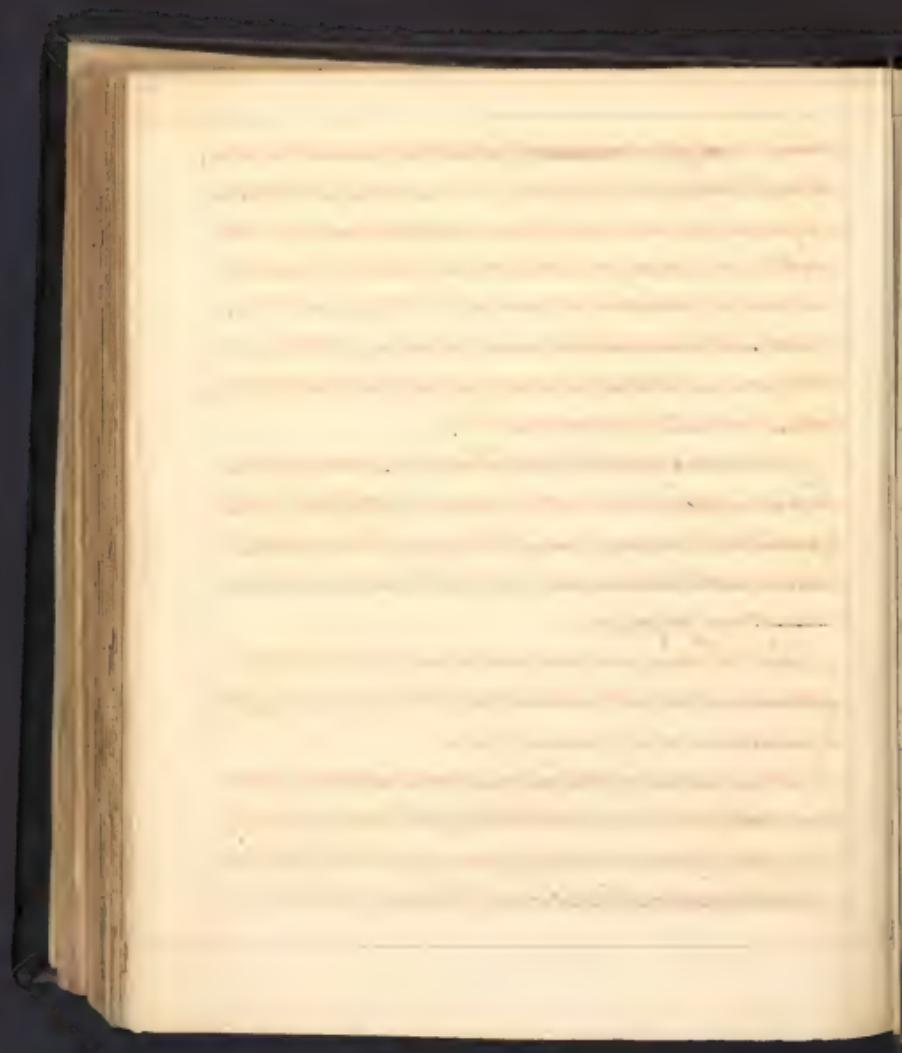


disease. These effects, ~~which~~ it is well known, are but momentary. After the excitement, which they have caused has subsisted, the patient comes down with equally, if not additional violence. The patient again and again resorts to his paroxysm, of necessity increasing the dose; and, receives no rest, his danger until it is too late. He becomes exhausted under the pressure of that malignant disorder, if all that is great and noble in the human mind and character is lost.

His authority waited to corroborate this statement; we have it in the almost daily instances of the fate of depositaries who have sought relief from any of these articles; we have it, in the testimonies of the most respectable and enlightened physicians.

The following are to be which exhibit the various & opinions of the justly celebrated Mr. Fethimore, in a few right, deserves to be generally known.

2. I will write a student in Scotland in the course of a conversation we had with Mr. Whittingill, was informed by him of the opinion at a college near Edinburgh, that the prefix *is* had derived from the use of a tent, Smith, and of



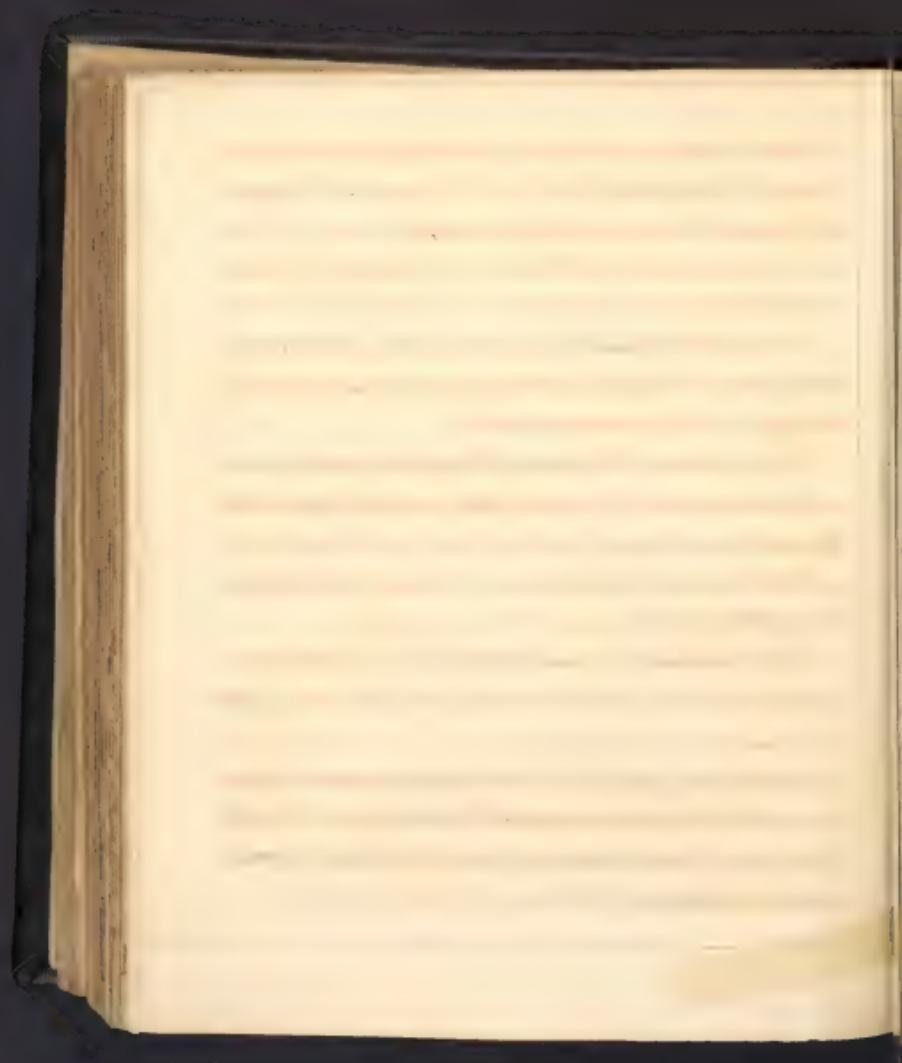
in a case of diarrhoea in the year 1810. Previous however to the intro-  
duction of Sulphur from England, Dr. St. John, of Liverpool  
called upon him, in order to receive an invitation to it, & probably  
misit have received from that communication, the idea of the  
use of Sulphur in dysentery. He has a list of a number  
of instances of Sulphur having had become to those diarrhoeas,  
that he now considers the confinement of such a point  
in this instance, to be unavailable.

In those cases where the disease is caused by the int. - waste  
use of Sulphur, may we not, with, a highly justifiable  
hope, conclude, as the case depends upon a complete information  
of the disease, it is admissible to resort to some other article of  
eliminating medicine.

Example has now been adduced to the subject. I shall therefore  
proceed to mention the two remaining. In case of 1810  
Russia.

Colic. Also, prove highly valuable in this disease. It is given  
alone or with other medicines and is to be used in order to induce

Diuresis. This article is worthy of some confidence. It is given in  
in within a tract.



No 105. The injection of the Spleen is often a most necessary panacea.  
It is however, subject to that form of the disease which arises from  
intemperance in the use of animal spirits.

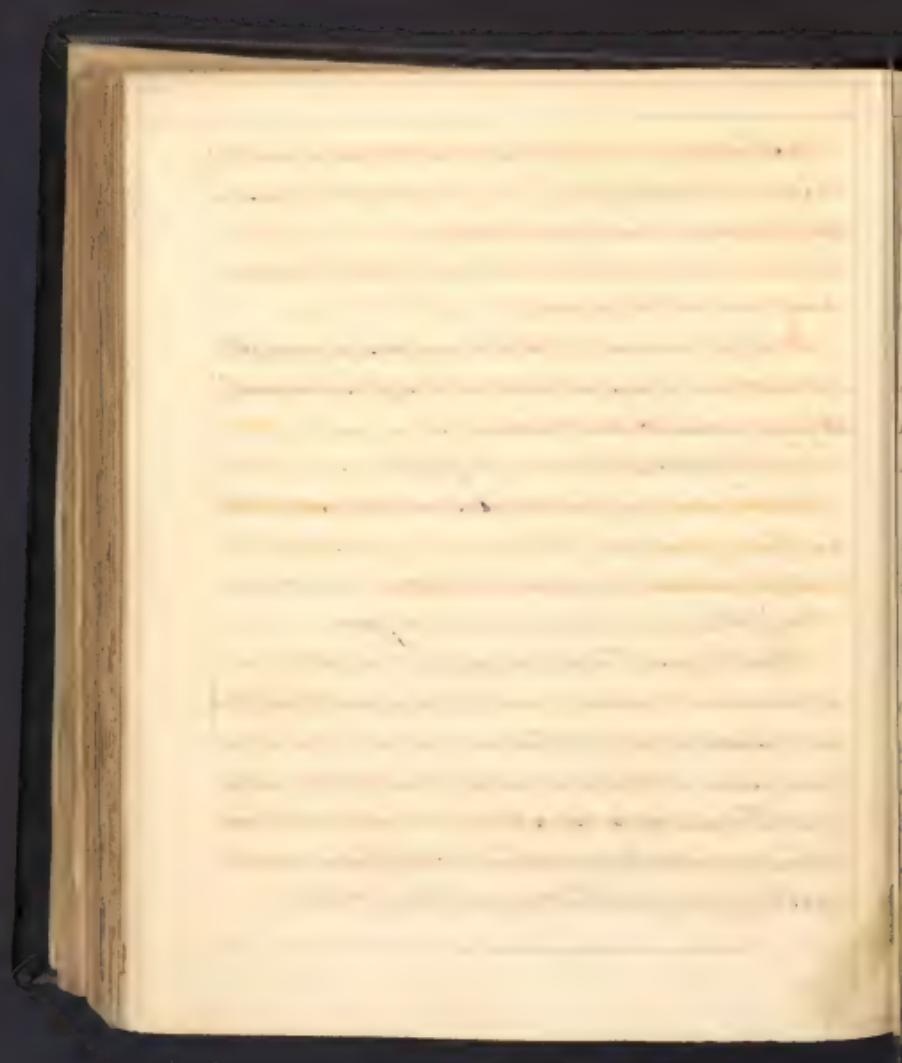
No 106. Mineral water after any vapour, of course the properties  
of water are to be increased.

No 107. Sulphurous oil Salvia Rosea. This is the extraction  
of resin used in Dr. Clark's Christopher Novus. It is also given in  
the form of wine a distilled in wine.

No 108. Sulphur water. This preparation possesses considerable tonic  
power. It dose is small and soon it is conveniently extinguished  
in wine.

No 109. Sulphur water mixed the same proportion as  
the salt water, and is subject to the same properties.

No 110. Sulphur water which has lately been  
introduced into practice, as an article possessing high tonic  
properties, and greatly extolled as a remedy in intermittent  
fever, has not yet, to my knowledge been examined in this  
country. But if it really deserves the commendations which have been  
lavished upon it as a tonic, it will not be long before we hear  
of its being a very valuable remedy in this complaint.

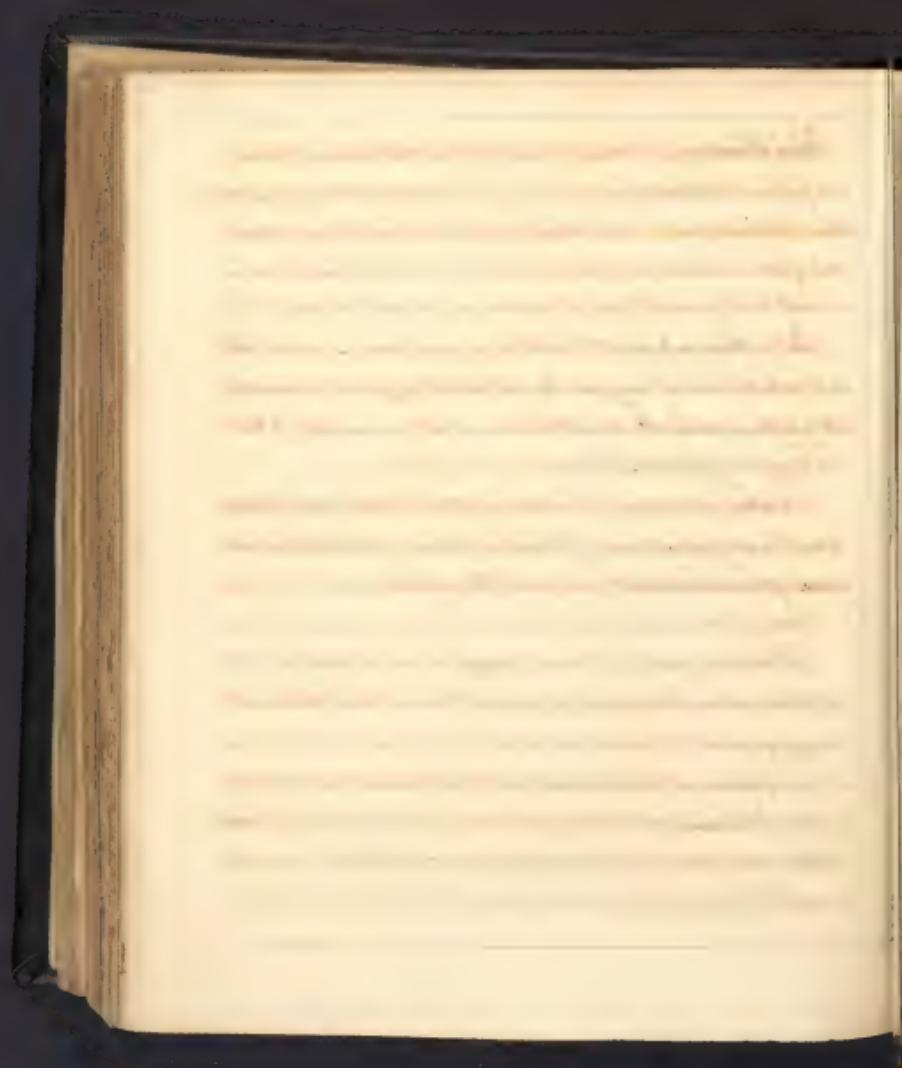


Peri Somnac: You can give in its, our state in the form of  
impressions, is strong by some, & in still, only give to day, a less  
than either its sides or its parts. This is far from being, a gen-  
eral opinion. Strong, is, however, the impression in this state, it is  
unquestionable, sometimes so strong, as to affect

One a tonic applied to all other impressions, a exercise. Be-  
it of what kind it may, it should not be any violent commo-  
dation after a meal. It should be more a tip, than, according to the  
ability of the patient to bear it.

Charitable company, by withdrawing the attention of the patient  
from his sufferings, and of the elimination of spirits which it  
causes, often contributes to invigorate the system.

Exercise, & some quiet in the sun, in the air, and a walk, & a quiet walk  
are valuable means, & wings we much & when did you  
have time, review. The advantage derived from a walk, to such  
patients, is not to be entirely attributed to the use of this exercise,  
in case, if done at home, it will not be, productive of any  
service. The exercise, the quiet, the air, all make equally, that  
which in such occasions, and in strong, I sometimes advise, is, to go to  
a quiet...



By increasing the excitement of the cutaneous vehicle,  
which in this disease are generally in a torpid state, the system  
will be invigorated. The excitement of the cutaneous vessels  
may be increased, by the use -

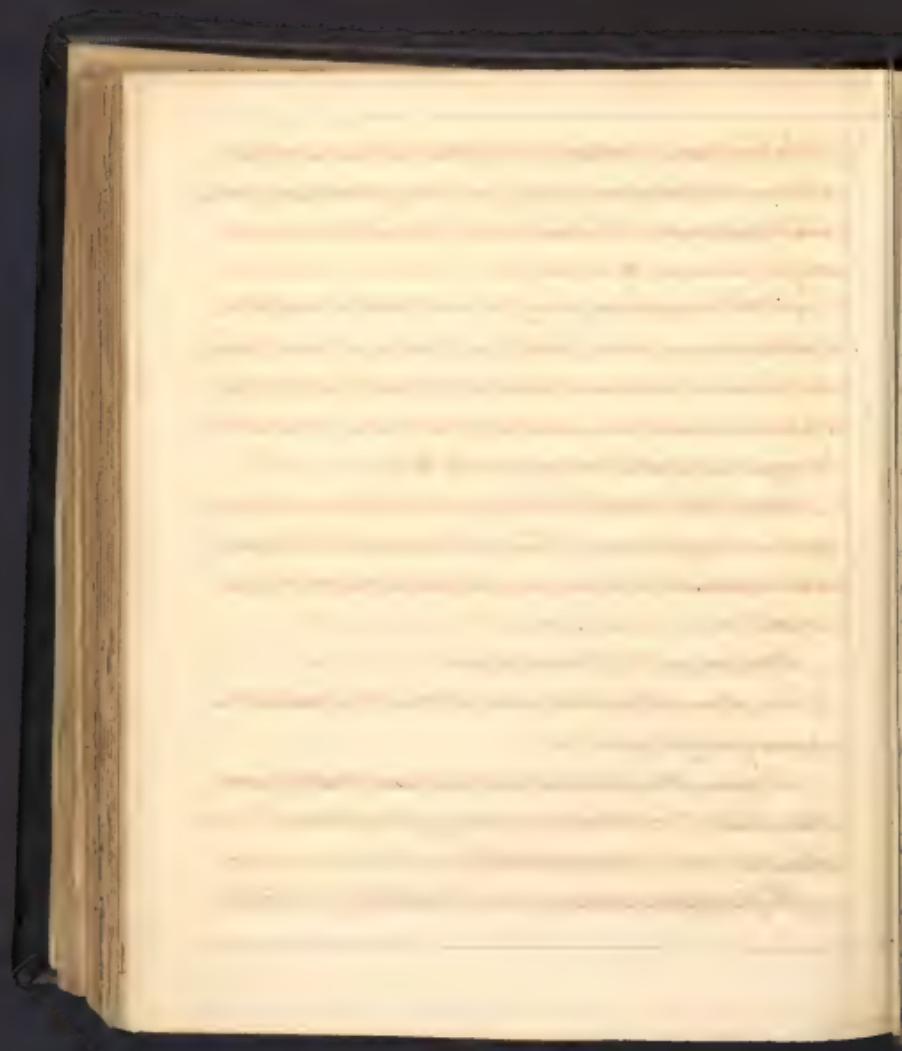
The cold bath, if after its improvement nothing else, have,  
the consequence of which will be a glow over the whole surface  
but if we have reason to believe that from the state of  
the patient, action will not soon take place, so that it will  
be ineffectual or painful, we may resort to the

Warm bath to which stimulating articles as salt, mes-  
tal &c may be added. This should always be taken in a  
warm room. After coming out, the patient is to be wiped  
perfectly dry.

Wet dressings with a flannel or floush, either active or sedative  
by some stimulating article, may be sometimes advanta-  
geously employed.

To procure the cutaneous excitement, as well as to protect  
the patient from the inclemencies of the weather, flannel  
should be worn & next to the skin.

The feet of dyspeptics are generally cold, owing to the han-

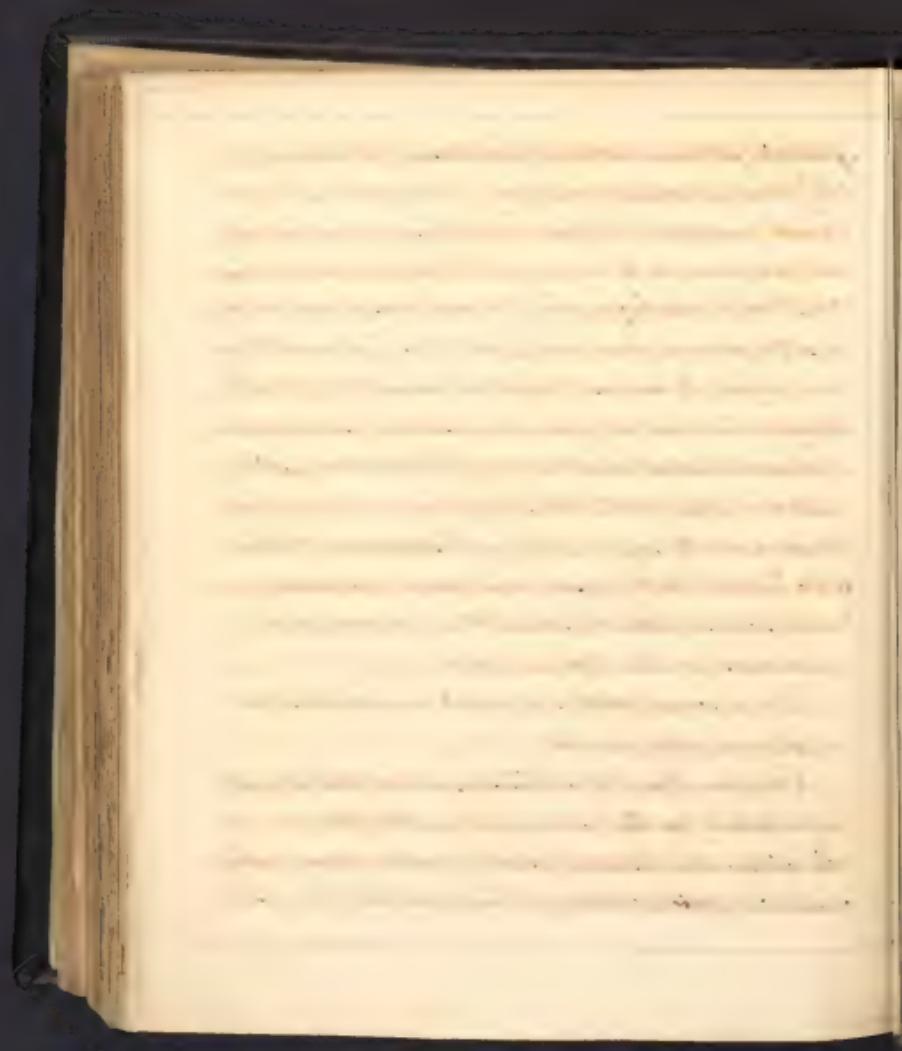


guiding of the circulation through them. This condition of the skin is an early, very disturbing, & the painful, but also tends to indicate the disease. So P. B. said, or so I understand. You are sure, in time of knowing this condition, to remain. It is the wearing a pair of coarse socks or stockings, the inner surface, of which, are very, covered with large coarse hairs. If owing to the dryness and insensibility of the skin, the pepper should not take effect, the feet should be soaked in warm water rendered somewhat stimulating. In the addition of salt mustard or ashes. After this time should be taken dry, saturated, introduced into the coarse stockings. This treatment applied to the feet of a healthy person, would produce a sensation of burning, almost intolerable, but in those of a deranged individual, it does not even stir a moment's notice.

These are the chief affections attendant on Appendicitis, which now demand notice, and first,

Cardiac or Heart Burn. This is an extremely distressing affection, arising from the presence of acid in the stomach.

The Sub-Acute of Bright's has been recommended as affording considerable relief. Although it has undoubtedly been of service



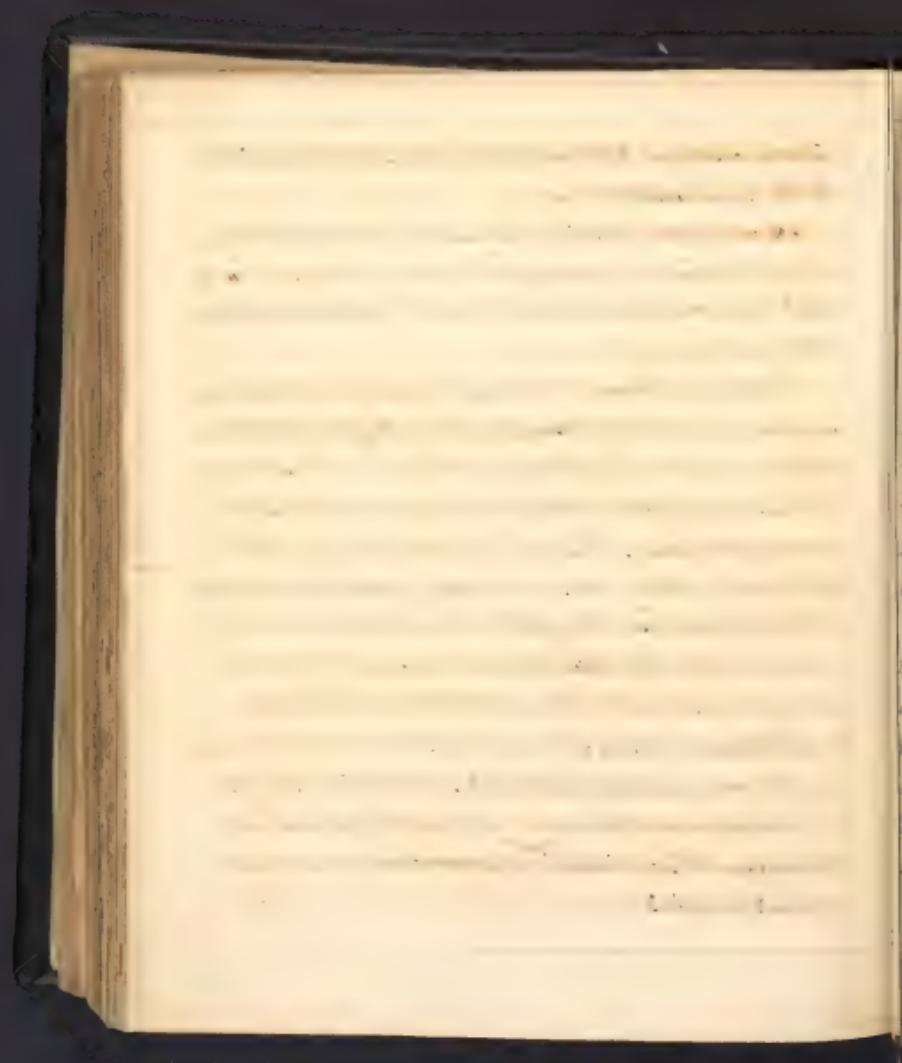
in some instances. Little confidence is to be placed in it, by the physicians in this city.

As cardialgia arises from the presence of acid in the stomach, it may be relieved by counteracting the acidity by means of an alkali or an alkaline earth. The following preparation may be most frequently required.

The alkaline infusion. This drug is however, at all times a very valuable one. It seems not only to pacify the distressing symptoms by neutralizing the acid in the stomach, but also by giving tone to the stomach, to contribute to the cure of the disease. It is prepared in the following manner. In a quart of water was set a teacup full of rock-salt. Two drachms of boiling water is to be added. This mixture is to be stirred up well together, then allowed to stand for two or three hours, when the liquid is to be decanted off.

The fixed alkalies and their carbonates are often recommended, and are given in solution, pills or in caps, or in the form of ointments.

The carbonate of ammonia is frequently employed with advantage. It is exhibited in solution, the carbonates are dissolved in pills.



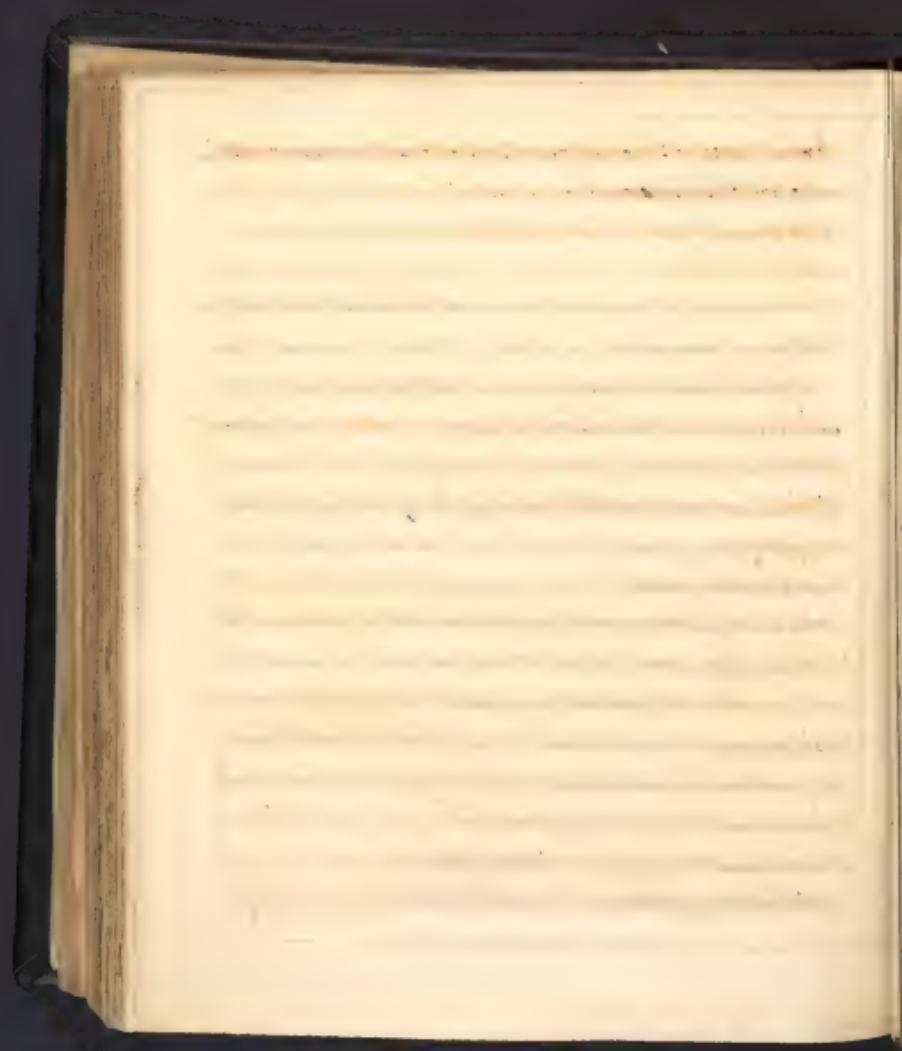
Equal parts of lime-water and milk, & warm are excellent  
remedies in these cases.

Magnesia is well adapted to these cases, especially when  
acute.

The emetics, &c. will be an useful, when a return of  
fever is not desirable.

Peristalsis is another extremely distressing affection, & is almost  
as difficult to cure. It consists in a paroxysm of spasmodic contraction  
of the stomach, relieved by a vomit, or a little fluid from the mouth.  
This fluid is sometimes of such an acid sterility, as to eat the teeth  
away, justifying an edge as if the mouth had been treated with  
nitric acid, &c. &c.

The emetic, is a common remedy in these cases, & is only to conciliate  
the stomach, but in & it allays the effects upon the insensitivity  
about a more violent action. Some cases yield to the first emetic,  
the larger number require two or three. But when emetics have  
not produced any permanent effect, & when an emetic would  
be injurious, to cure the disease which has been produced  
a cathartick in this condition. Among these, the  
Sub-nitrate of iron will be an article which I have found



recommended. Its standing in this affection is the same as in cardiaxia. The antacids just mentioned as useful in cardiaxia are often service in reuxia. Opium is useful as a sedative.

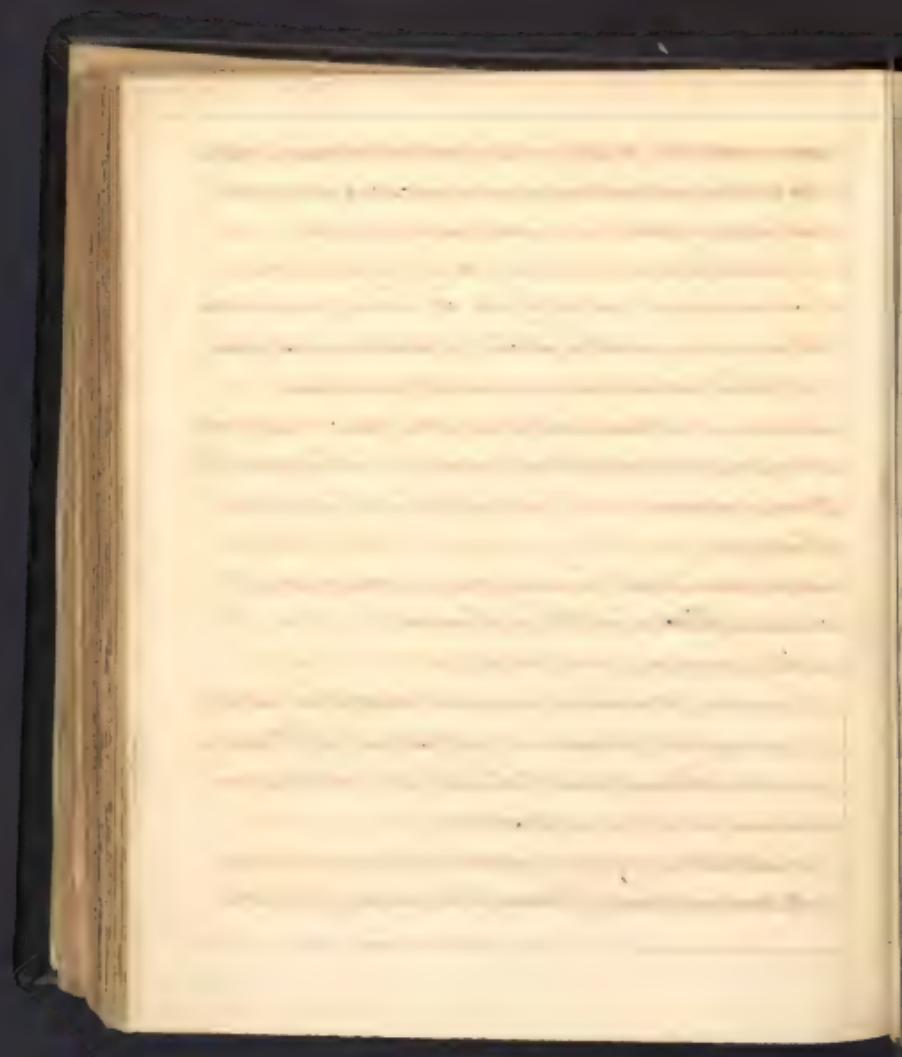
Gastralgia is an extremely painful affection which requires accommodations propulsive & number of antispasmodics have been recommended for its relief. Of these opium is the best. Vermilk is sometimes employed with advantage.

Distressing the stomach with cold water often relieves gastralgia most esp. w. the taking a small quantity of boiling water. The former is supposed to act by relaxing the latter by stimulating the stomach.

If the spasm should be alarming, as if it were going to those convulsions, a blister should be applied over the stomach. This is often productive of great advantage.

A number of articles are recommended as useful in preventing a recurrence of the reuxygyn. Among them see Hans Remond's proprietor, Warren's Cordial, Vol. Finet, Guise, Spind of Tice, vitamin, Salt Nitrate of Bismuth.

Flatulence. Dyspeptic patients are often much troubled with accumulations of flatus in the bowels, giving rise to what

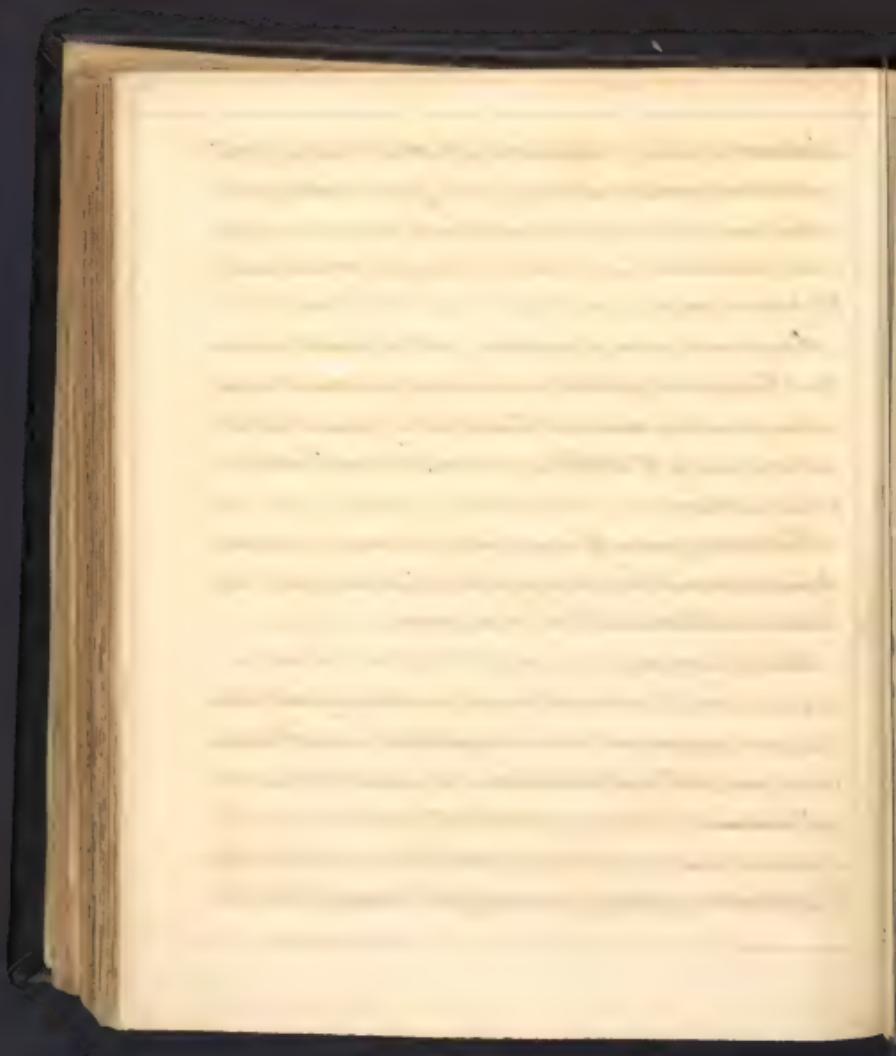


is commonly termed, *St. Vincent's colic*. In its treatment ginger and other are useful. So is the *H. of Sanguineum* either alone or combined with the oil of mint; in the dose of 15-30 drs. of the former with 5 of the latter. It may be taken in salt the powdered sugar.

The aromatic are much employed for the relief of this affection. *Ginger*, *Leavened tea* or *coffee* of course. As there is generally, in these cases some acidity in the humor, *peppermint* is not uncommon to abet an aromatic in combination with an aperient.

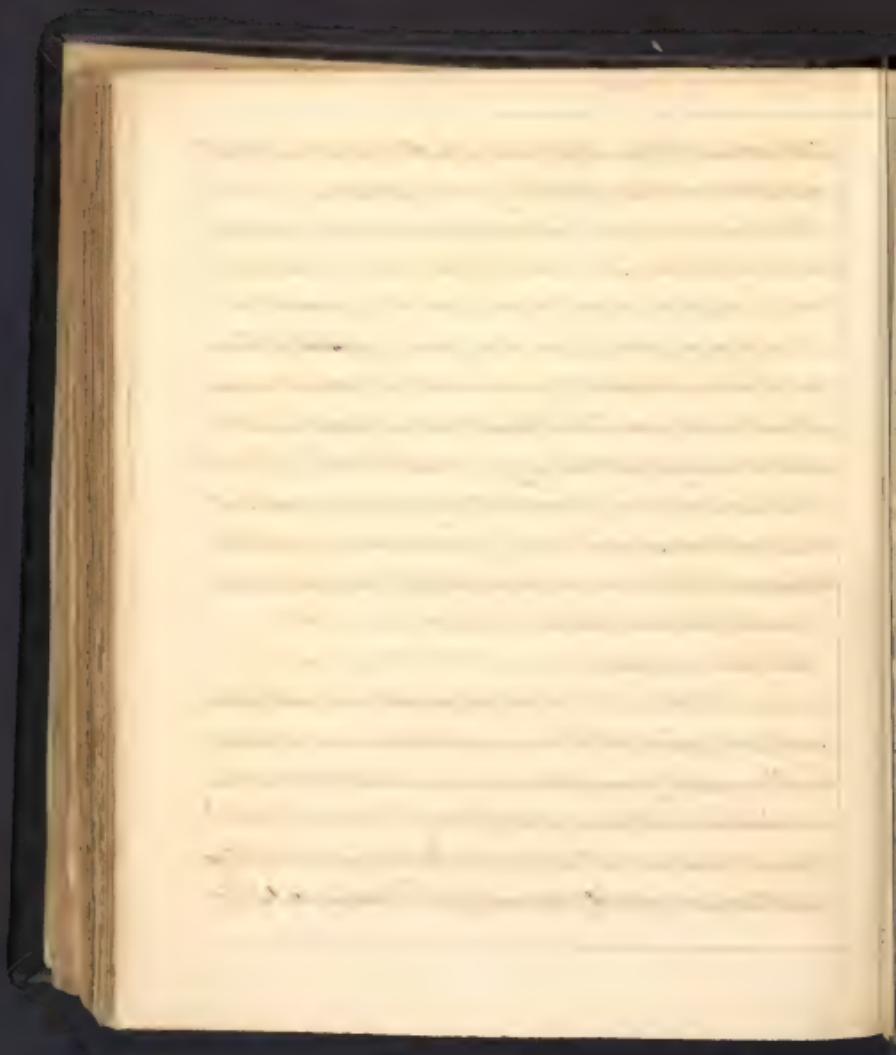
Should the affection be very distressing or more than chance, *formication* with *hot饮水*, or the application of a *gloved* *electro* to the abdomen will be found useful.

*Lat.* It is necessary to pay strict attention to the diet, in this disease. It should be simple and easy of digestion. *rice* *or* *oats* agree well with a dyspeptic stomach. *Buttermilk* when milk will not be well received by the stomach, *cream* will answer well, *but* *raw* *cucumbers* are generally a *no* *and* *one*, *rigid* *action* of diet. *Tea* are *generally* *useful*. *Chocolate* when *raw* *or* *watered*, often answers well. *Yerba* *mate*.



fast instead of coffee. Coffee and green tea should be prohibited. & if the patient may eat but nothing, a fast & white poultice or gruel, but veal, lamb, & salted & bacon are to be forbidden. So shall trial suffice. The next of course is the mucousate crout. This course, is extreme indigestion. There is a species of bread which is not digestible. Biscuit is indigestible. Crackers, this bread, a bread made of unboiled flour which has a calcareous nature & easily digestible, may be used. Dr. Best is to be mentioned. It is a common opinion that dry toast is vulgar, but this is not the case, as it is very apt to undergo fermentation, and is very difficult of digestion. It is however, as Dr. Best says, a good article for a weak & ill patient.

The best article of drink for a suppy patient is water. Good sound claret, old Sherry or Port wine may sometimes be allowed. The common wines are injurious. Let the article of drink be what it may, the intent is to let it in but little. Green tea is an excellent drink when there is much distress of stomach immediately after eating or between meals. It



produces much the same palliative effect as brandy and water, without leading to the same fatal consequences.

It may now be proper to say a few words concerning the reciprocity which exists in some cases of dyspepsia, of a departure from the common rule of practice. Sometimes a patient will suffer a long time, under dyspepsia, and although He should attend strictly to the injunctions of his physician yet His Health may not be much improved, when suddenly the stomach will crave some particular kind of Food, and this craving will be constant and in some instances almost unconquerable. This Dr. Priestly denominates the language of the stomach, and He thinks that the gratification of this desire is often attended with beneficial effects.

"But there is a false language of the stomach, arising from a petulant and fretful disposition. The patient seeing others around him enjoying themselves, sets to work to contrive what He may eat, and in a short time will have fixed perhaps on a dozen articles of Food. If He indulges in the use of any one of them, He generally suffers for it. But where there is a constant craving for one kind of food,



you will rarely do wrong in allowing it to your patient." <sup>Editor</sup>  
It only after the disease has for sometime resisted a systematic  
plan of treatment, that the Dr. advises a resort to this practice,  
in support of which he relates the following among other ana-  
lects of a similar kind.

I have attended a gentleman in this city, C. J., with  
dyspepsia. His stomach was very acid, the Dr. gave him antacids  
and was particular in his dietetic plan of treatment. But  
for a long time the disease baffled every plan of treatment.  
When suddenly the stomach demanded pickles and vine-  
gar. The appetite was indulged and the patient recovered.

Such is the description and treatment of the more common  
forms of dyspepsia. There are other forms of it which demand  
a somewhat different treatment. But as it would be con-  
suming time unnecessarily, for me to attempt to give an account  
of them, since they are so well described elsewhere. I shall  
now conclude my brief essay with this remark: that proper ex-  
ercise and regulation of the diet are circumstances which  
demand the strictest attention, without which all our remedies  
will be of little avail.

